

# Medi-Cal Choices in Your County



## Medi-Cal Choices For People with Disabilities and Seniors in **Alameda County**

This part of the guidebook can help you decide which kind of Medi-Cal is best for you.

If you live in Alameda County and are a person with a disability or a senior, you can choose to be in Regular Medi-Cal, Alameda Alliance for Health, or Anthem Blue Cross.

Alameda Alliance for Health and Anthem Blue Cross are Medi-Cal Health Plans. If you join one of these Plans, you still have Medi-Cal.

To learn more about your choices, call  
**Alameda Alliance for Health: 1-877-371-2222**  
**Anthem Blue Cross: 1-800-227-3238**

To learn more about these Plans, call  
**Health Care Options: 1-800-430-4263**  
**Regular Medi-Cal:** There is no phone number to call.

Please look at the next 3 pages for more useful phone numbers.



# Your Medi-Cal Choices in Alameda County:

- Use this chart to compare your Medi-Cal choices.
- If you want to join Alameda Alliance for Health or Anthem Blue Cross, call **Health Care Options** at **1-800-430-4263** and ask for an enrollment packet. You can also enroll over the phone.
- If you want to stay in Regular Medi-Cal, do not do anything.

	Medi-Cal Health Plans		Regular Medi-Cal (No phone number) www.medi-cal.ca.gov	See page:
	Alameda Alliance for Health 1-877-371-2222 www.alamedaalliance.org	Anthem Blue Cross 1-800-227-3238 www.bluecrossca.org		
<b>Basic Services</b>				
Basic Medi-Cal Benefits	Same	Same	Same	p. 6
24-Hour Advice Nurse	No	Yes	No	p. 12
Customer Service Phone Hours	8 am–6 pm	7 am–Midnight	None	p. 33
Interpreter Services	Yes	Yes	Call your doctor or clinic.	p. 28
To Get a List of Preferred Drugs	1-877-371-2222	1-800-227-3238	Ask your doctor or pharmacist.	p. 14
<b>Costs to You</b>				
Cost for Doctor Visits	\$0	\$0	\$0	p. 8
Cost for Drugs	\$0	\$0	\$0–\$1	p. 8

Kaiser Medi-Cal Health Plan is available to a limited number of people with Medi-Cal. To be eligible, you must have had coverage through Kaiser in the last 6 months, must have it currently, or you must have an immediate family member currently enrolled in Kaiser. To get Kaiser, you must first enroll in Alameda Alliance for Health.

**Hospitals you can go to for medical care in Alameda County are below.**

You will usually go to the hospitals that your doctor works with.

For hospitals where you can go for mental health care, call 1-800-491-9099.

Alameda Alliance for Health	Anthem Blue Cross	Regular Medi-Cal
<ul style="list-style-type: none"><li>• Alameda County Medical Center, Highland Hospital</li><li>• Alameda Hospital</li><li>• Alta Bates Summit Medical Center–Alta Bates, Herrick, and Summit</li><li>• Children’s Hospital Oakland</li><li>• Eden Hospital Medical Center</li><li>• San Leandro Hospital</li><li>• St. Rose Hospital</li><li>• ValleyCare Medical Center</li><li>• Valley Memorial Hospital</li><li>• Washington Hospital</li></ul>	<ul style="list-style-type: none"><li>• Alameda County Medical Center, Highland Hospital</li><li>• Alta Bates Summit Medical Center–Alta Bates, Herrick, and Summit</li><li>• Children’s Hospital Oakland</li><li>• Eden Hospital Medical Center</li><li>• Laurel Grove Hospital</li><li>• San Leandro Hospital</li><li>• St. Rose Hospital</li></ul>	<ul style="list-style-type: none"><li>• Alameda County Medical Center, Highland Hospital</li><li>• Alameda Hospital</li><li>• Alta Bates Summit Medical Center–Alta Bates, Herrick, and Summit</li><li>• Children’s Hospital Oakland</li><li>• Eden Hospital Medical Center</li><li>• Kindred Hospital</li><li>• Fremont Hospital</li><li>• San Leandro Hospital</li><li>• St. Rose Hospital</li><li>• ValleyCare Medical Center</li><li>• Valley Memorial Hospital</li><li>• Washington Hospital</li></ul> <p>If you have Regular Medi-Cal, you can also go to hospitals and providers outside your county.</p>

## Useful Phone Numbers

**Denti-Cal**

1-800-322-6384

For information about dental care that is covered by Medi-Cal for people under age 21

**Alameda County Area Agency on Aging**

1-800-510-2020

For information and referrals to many services for people with disabilities and seniors

**Alameda County Behavioral Health Care Services**

1-800-491-9099

For information about mental health services

**Alcohol and Drug Programs**

1-800-879-2772

For help with alcohol and drug problems